

Latarjet Stabilization Surgery Protocol

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Phase I (Post-op until week 6) Protective Phase

- Sling immobilization initially; worn at all times for at least the first 4 weeks except for hygiene. Active wrist, hand, elbow ROM permitted. Non-weightbearing.
- After 4 weeks, sling may be worn at night for another 2-3 weeks
- Limit external rotation to passive 45 degrees to protect subscapularis repair
- Forward elevation may progress as tolerated
- Elbow, wrist, and hand ROM
- Grip strengthening exercises
- Pendulum exercises
- Initiate deltoid and rotator cuff isometrics between weeks 3–6
- No active internal rotation or shoulder extension until after 6 weeks
- Control pain and inflammation

Phase II (Weeks 6–12) Early Motion and Strengthening Phase

- Discontinue sling use unless otherwise directed
- Progress toward full shoulder ROM as tolerated
- Begin active-assisted and active internal rotation and extension after 6 weeks
- Weeks 6–8: initiate light resisted external rotation, forward flexion, and abduction
- Weeks 8–12: initiate resisted internal rotation, extension, and scapular retraction
- Continue scapular stabilization and rotator cuff strengthening
- Maintain cardiovascular conditioning with walking or stationary bike

Phase III (Weeks 12–24) Advanced Strengthening Phase

- Progress to full and pain-free ROM
- Advance strengthening program as tolerated
- Emphasize closed-chain scapular rehabilitation
- Functional rotator cuff strengthening
- Focus on anterior deltoid and teres musculature
- Maximize subscapularis stabilization and endurance
- Progress functional activities as tolerated, delaying sports until 5-6 months post-operatively